

Molly Kellogg's Counseling Intensive

Educational Objectives

Participants will

- Understand the theory and spirit of motivational interviewing.
- Practice evidence-based behavioral change skills based on MI.
- Recognize and address resistance to change.
- Formulate a plan for further practice and skill enhancement.

Pre-workshop program "Steps to Counseling Excellence" (accessed on-line)

Introduction:

- Engaging the Client (14 - minute podcast)

The Basics: OARS

- Open-ended questioning (11 - minute podcast)
- Affirming (17 - minute podcast)
- Reflecting (17 - minute podcast)
- Summarizing (11 - minute podcast)

Resistance:

- Behavior change and resistance to change (18 - minute podcast)

When it's time to provide advice:

- Providing advice effectively (12-minute podcast)

Attending to the client:

- What is important to the client? (11 - minute podcast)
- Working with confidence to change (11 - minute podcast)
- Listening for change talk (14 - minute podcast)

Putting it all together:

- (17 - minute podcast)

Workshop Day One

Introduction: Setting individual training goals
Practice of fundamental counseling processes (OARS)
Open Questioning
Affirming
Reflecting
Summarizing
Practice rolling with resistance
Our part in resistance
Self-care: extended practice

Workshop Day Two

The spirit of motivational interviewing
Change talk (DARN CAT)
Practice finding and reflecting change talk
Practice eliciting change talk
Summarizing revisited
The planning process
Practice providing advice effectively
Professional Boundaries
Using self-disclosure ethically and effectively
Handling personal questions
Dual relationships
Time boundaries
Review of evidence for counseling approaches
Making a plan to grow your counseling skills (more practice)

Workshop Format

A mix of presentation, practice with partners, demonstration and group discussion. Videos of counseling sessions demonstrate techniques.

Conference Call

This call will be scheduled approximately four weeks after the workshop at a time convenient to a majority of the participants. It is a time to share successes and struggles, consolidate learning and to ask more questions.

Handouts (partial list)

Counseling Tips for Nutrition Therapists: Practice Workbook, Vol 1
Articles to accompany each podcast of the Pre workshop program
PowerPoint slides handout
Searching for Change Talk
Open Questions
The Four Processes of Motivational Interviewing
Suggested Reading

Suggested CDR Learning Needs Codes

1000, 1040, 1120, 5070, 5080, 5090, 5020, 5200, 5370, 6000, 6010,
6020, 6030, 6040, 6070, 7200 (The Commission on Dietetic
Registration allows you to choose which of your learning needs you
believe have been met by the program.)